

Abstract

Title: Motoric manifestation of laterality and its relation to performance in Taekwon-do ITF

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Field of study: Physical training and sport

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Purposes: The main object is to proof the hypothesis of higher prevalence of left-handed probands in the martial arts area than in the common population and also to proof them being more succesful than right-handed probands from the same group.

Methods: The tested group consisted of 51 probands on the highest performance level – members of junior and senior Czech Taekwon-do ITF national team. The group was tested with a special testing system designed specially for the purpose of this thesis.

Results: On the basis of the results it can be said that laterality distribution in the tested group corresponds with the laterality distribution in the common population declared in literature. Differences were found only in the group „seniors-male“ where the distibution tends to be higher than featured in literature. No significant proof of the supposed dependence of success on laterality in particular probands was found except for the male senior team where the corelation coefficient showed high level of dependence.

Conclusions: The advantage of left-handed people in martial arts is perceptible. Though, based on our research results the certain success of left-handed people in martial arts can not be guaranteed in advance. Fot the particular confirmation or negation of these hypothesises further research and testing on the bigger group of probands is recommended.

Keywords: laterality, motoric testing, manual proficiency tests, Tae kwon-do, correlation